



FOR IMMEDIATE RELEASE

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This Week's Healthy SC Challenge Tips

First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use

Columbia, S.C. – August 25, 2006 – The Healthy SC Challenge is the Sanford family's effort to get all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, **www.healthysc.gov**.

Healthy Tips

Nutrition

Honey dew, cantaloupe, and watermelon are wonderful sources of vitamin C, vitamin A and the carotenoid and bioflavanoid families of plant chemicals that boost immunity, protect vision and reduce the risk of some cancers. Chilled melon wedges are a great addition to any breakfast and are the perfect summer dessert.

– **Ann Kulze, MD – Nationally recognized nutrition and wellness expert**

Physical Activity

Don't work out too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning

– **Governor's Council on Physical Fitness**

Tobacco

When smokers try to cut back or quit, the absence of nicotine leads to physical and mental withdrawal symptoms. Physically, the body is reacting to the absence of nicotine. Psychologically, the smoker is faced with giving up a habit, which is a major change in behavior. Knowing what to expect and dealing with both physical and mental effects can help you quit smoking successfully. Withdrawal symptoms can include any of the following: dizziness (may only last 1-2 days in the beginning), depression, feelings of frustration and anger, irritability, trouble sleeping, trouble concentrating, restlessness, headache, tiredness, and increased appetite.

– **American Cancer Society**

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*The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit **www.healthysc.gov**, or contact Meghan McGuire at 803-737-2325.*